### COVID-19 Clinical Provider Resources

#### Idaho-Specific Resources

- [Idaho Department of Health and Welfare Public Health District Information](#) — A list of contact information for all of Idaho’s public health districts.
- [Order PPE through the Idaho Office of Emergency Management](#): Online PPE ordering
- [Idaho Medical Association](#) — Coronavirus resources for physicians
- [COVID-19 in Idaho](#) — Idaho official resource for the novel Coronavirus
- [Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency](#) — An ongoing FAQ list collated by the Idaho Board of Pharmacy
- [Idaho State Board of Medicine Proclamation](#) — A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement
- [Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness](#) — Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters
- [Idaho State Board of Pharmacy Temporary Rule 704](#) — Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- [Idaho Physician Orders for Scope of Treatment (POST)](#) — This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - [Idaho’s Repository of POST Forms](#)
- [Guidelines for Opening Up Idaho](#) — Criteria that must be met before Idaho advances to the next stage of reopening
- [COVID-19 Medicaid Updates](#) — Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at [magni.hamso@dhw.idaho.gov](mailto:magni.hamso@dhw.idaho.gov)
- [Twin Falls Manor](#) — Specialized assisted living care for those impacted by COVID-19
- [North Idaho Palliative Care Coalition](#) — Advance directives information from the Northwest Hospital Alliance
- [St. Luke’s McCall Car Clinic Protocols](#) — Information from Dr. Patrick Kinney on St. Luke’s McCall car clinic protocols
- [Frontline Worker Services](#) — Coronavirus counseling assistance for frontline workers
  - Shareable flyer (English)
  - Shareable flyer (Spanish)
- [COVID-19 Test (At-Home Kit)](#) — A nasal swab test kit from Pixel by LabCorp
• **LabCorp at Home** – A digital service aimed at helping doctors protect patients by testing them for COVID-19 before surgeries and other important treatments.
• **COVID Help Now** – Crisis counseling  
  o **Flyer**
• **COVID-19 Behavioral Health Information** - Throughout the COVID-19 public health emergency, the Division of Behavioral Health (DBH) will provide additional guidance and resources for behavioral health providers, patients, and families.

### Family Medicine Residency of Idaho (FMRI)

- [COVID Protocol](#)
- [Family Medicine Residency of Idaho COVID Attestation Form](#)
- [Common Employee Questions Regarding Exposure](#)
- [Employee Testing Procedure](#)
- [Employees with Acute Respiratory Symptoms FAQ](#)
- [Management of Healthcare Personnel with Potential Exposure to COVID-19](#)
- [Workflow for Front of Clinic Triage](#)

### Volunteer Opportunities

- [SURGE Volunteer Sheet](#) – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
- [Find My Medical Reserve Corps](#) – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area  
  o [Contact information](#) for the MRC coordinator in your district.

### Clinical Trials and Vaccine Information

- [ClinicalTrials.gov](#) - COVID-19 registered trials can be found here  
  o The trial mentioned in the [NIH article on hydroxychloroquine](#) is identifier [NCT04332991](#)
- [Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus](#) - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease
  - Ongoing Remdesivir Studies  
    o Gilead study in patients with moderate disease: [NCT04292730](#)  
    o Gilead study in patients with severe disease: [NCT04292899](#)  
    o NIAID study: [NCT04280705](#)  
    o INSERM study: [2020-000936-23](#)  
    o China study in patients with mild/moderate disease: [NCT04252664](#)  
    o China study in patients with severe disease: [NCT04257656](#)
- [Famotidine study](#)
• Draft Landscape of COVID-19 Candidate Vaccines – This has been prepared by the World Health Organization for information purposes only concerning COVID-19
• Bio.org – Biotechnology and biopharmaceutical companies are responding to COVID-19 with vaccines and anti-viral medications
• Tocilizumab and Mechanically Ventilated Patients – A summary of a study looking at tocilizumab for treatment of mechanically ventilated patients with COVID-19
• Safety and Efficacy of Tocilizumab Use – A summary of a safety looking at the safety and efficacy of anti-IL6-receptor tocilizumab use in severe and critical patients affected by coronavirus

Calculators and Evaluators

• Evaluating and Testing Persons for COVID-19 – CDC criteria to guide evaluation and laboratory testing for COVID-19
• PSI/PORT Score – Pneumonia Severity Index for community-acquired pneumonia

Websites

• American Medical Association – AMA resource center for physicians
• Centers for Disease Control – Information for health care providers and the community
  o Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
• World Health Organization – Coronavirus disease outbreak information
• Virginia Commonwealth University – General COVID-19 updates from VCU Health
• Johns Hopkins University – Up-to-date statistics from JHU
• Center for Infectious Disease Research and Policy – Information for public health experts, business preparedness leaders, government officials, and the public
• American Society of Health-System Pharmacists – COVID-19 resources for pharmacists
• Assessment of Evidence for COVID-19 Related Treatments - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care
• American College of Occupational and Environmental Medicine – COVID-19 resource center

Articles

• SARS-CoV2: What Do We Know So Far? – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
• COVID-19 in a Paucisymptomatic Patient – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)
• LitCOVID – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
• Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected – Interim guidance from the World Health Organization
- **Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019** – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19
- **International Pulmonologist’s Consensus on COVID-19** – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

### Recommendations, Checklists, Toolkits, and Handbooks

- **COVID-19 Preparedness Checklist for Nursing Homes** - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan
- **Communications Triage Kit** – A coronavirus communications triage kit from The Communications Network
- **Handbook of COVID-19 Prevention and Treatment** – from the First Affiliated Hospital, Zhejiang University School of Medicine
- **ICU Preparedness Checklist** – from the Society of Critical Care Medicine
- **Household Checklist** – A family planning checklist from the CDC
- **Being Prepared in the Time of COVID** - Three important things each of us can do, right now, to be prepared
- **Discontinuation of Home Isolation** – Recommendations from the CDC
- **Discontinuation of Hospital Precautions** – Recommendations from the CDC
- **Symptom Checker** – A COVID-19 symptom checker from the Mayo Clinic
- **Running Essential Errands** – Recommendations from the CDC
- **Shopping for Food during the COVID-19 Pandemic** – Information for consumers from the FDA
- **Management of Severe COVID-19** – Information from Dr. Justin Glass, MD, Program Director with Family Medicine Residency of Idaho – Boise
- **Venous Thromboembolism** – Scientific and Standardization Committee Communication: Clinical Guidance on the Diagnosis, Prevention and Treatment of Venous Thromboembolism in Hospitalized Patients with COVID-19
- **Infection Prevention and Control Recommendations** – Interim recommendations from the CDC for healthcare personnel during the COVID-19 pandemic
- **CDC Guidelines for Universal PPE** – CDC guidelines have recently been updated for universal PPE for all healthcare workers in patient facing roles in areas with moderate to substantial community transmission
- **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents
- **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children
- **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents
- **Children’s Global Assessment Scale (CGAS)** – Provides a global measure of level of functioning in children and adolescents
• **Rating Scales** – Scales and questionnaires reviewed at the Primary Pediatric Psychopharmacology Mini-Fellowship at The REACH Institute

• **School Refusal Assessment Scale-Revised (Parent and Child Versions)** – Asses the function of school refusal behavior

• **School Decision-Making Tool for Parents, Caregivers, and Guardians** – Weigh the risks and benefits of available educational options to help make decisions about sending children back to school

• **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year

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**Palliative and End-of-Life Care**

• **Prepare for Your Care** – A step-by-step program with video stories to help you have a voice in your medical care

• **The Conversation Project** – Dedicated to helping people talk about their wishes for end-of-life-care

• **Center to Advance Palliative Care Response Resources** – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more

• **Proactive COVID-Specific Advance Care Planning Discussions** – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID

• **Vital Talk** – A playbook providing practical advice on how to talk about some difficult topics related to COVID-19

• **Person-Centered Guidelines for Preserving Family Presence in Challenging Times** – These guidelines for preserving family presence were co-developed by an international, multi-stakeholder “pop-up” coalition including patient, resident, family and elder advocates, experts in quality, safety and infection control, clinicians, policymakers, and healthcare executives from a variety of care settings.

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**Videos**

• **Patient Intubation** – An instructional patient intubation video by Dr. Benjamin Cornett

• **Prone Breathing Exercises** – Dr. Sarfaraz Munshi demonstrates breathing techniques to help coronavirus patients with respiratory symptoms

• **The Last Will and Testament of the Orphelines** – A poem by Heather Altfeld as read by Dr. Meg Dunay

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**CME Opportunities**

• **Novel Coronavirus Education Resources** – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19

• **Mayo Clinic Talks COVID-19** – A mini-series podcast put on my Mayo Clinic
- **University of Washington Tele-Antimicrobial Stewardship Program** – Resources and CME opportunities through the University of Washington
- **MD+ Calc** – Free CMEs as a thank you for being on the front lines
- **National Nursing Home Safety Conversations** - Join this interactive mini-series to learn nursing home best practices during the COVID-19 pandemic

### Masks

- **Strategies to Optimize the Supply of PPE and Equipment** - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
- **Masks Reduce Exposure to Respiratory Infections Among the General Population** – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
- **Testing the Efficacy of Homemade Masks** – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection
- **Q&A: Masks and COVID-19** – FAQ from the World Health Organization
- **Effectiveness of Cloth Masks for Protection Against Severe Acute Respiratory Syndrome Coronavirus 2** – A study shared in the Emerging Infectious Diseases Journal

### Provider Self-Care

- **Self-Care for Helpers** – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
- **Coping for Health Care Workers during COVID-19** – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
- **Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak** – Resources from the National Academy of Medicine
- **Emergency Responders: Tips for Taking Care of Yourself** – Information from the CDC
- **Understanding Compassion Fatigue** – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
- **Preventing and Managing Stress** – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
- **Humor and Resilience** – Information on using humor to build resilience from Dr. Abhilash Desai
- **FACE COVID** - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
- **National Academy of Medicine** – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
- **Coronavirus Anxiety Workbook** – A tool to help build resilience during difficult times
• COVID-19 Tips Part 1 (for patients) and Part 2 (for providers) – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
• Kindness Poem – A poem by Naomi Shihab Nye
• Frontline Worker Services – Coronavirus counseling assistance for frontline workers
• Physician Support Line – Free and confidential; no appointment necessary
• COVID Help Now – Crisis counseling

Apps for Self-Care

• Headspace – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
• Moodgym – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
• Insight Timer – A large, free library of guided meditations
• Sanvello (formerly Pacifica) – On-demand help for stress, anxiety, and depression
• Calm – An app for sleep, meditation, and relaxation
• Buddhify – A meditation and mindfulness app designed to fit busy lifestyles
• Stop, Breathe, & Think – A friendly app to guide people through meditations for mindfulness and compassion

Perinatal Considerations

• pregnancycovid19.com- Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
• American College of Obstetricians and Gynecologists COVID-19 Information- Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
• Society for Maternal Fetal Medicine COVID-19 Guidance – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
• CDC on Breastfeeding - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
• PRIORITY - Pregnancy CoRonaVirus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

Pediatric Considerations

• Talking to Children – Guidance for parents in talking to children about coronavirus
• Child-Centered Play Therapy – Information on child-centered play therapy and telehealth
• Coronavirus Coloring Book – A coloring book from St. Jude’s to help children understand COVID
• My Hero is You (Spanish version) – A storybook to teach children how they can fight COVID
• **Why Do I Have to Stay Home?** – A social narrative for children
• **The Story of the Oyster and The Butterfly** – A book to explain COVID to children
• **Resources for ASD and Intellectual Disability** – A collection for resources for children with ASD and/or intellectual disabilities
• **Resources for Pediatric Considerations** – A list of pediatric resources
• **Parent Emotion Suppression Influences Physiological Linkage and Interaction Behavior** – An article talking about how parents can influence children’s emotional responses
• **Parenting** – Articles and newsletters about parenting by the New York Times
• **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents
• **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children
• **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents
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• **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year
• **Supporting Your Child’s Mental Health as They Return to School During COVID-19** – How parents can help their children navigate their feelings during school reopening